

# Grimes Parks & Recreation Department

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## **Beginners Flag Football Lesson Plans & Rules**

### **PRACTICE DAY 1 & 2**

- Check-in Players, Introduction of Coach, Appropriate clothing-shorts/jersey, Water Bottle
- Safety Rules- stop on whistle, listen, don't throw ball or run after whistle
- Kids find partners to stand behind on goal line for warm-ups (2 groups of 5)
- Warm-Ups- jog down and back to 10 yard line, then to 20 yard line, high knees, heel kicks
- Demonstrate- Down, Set, Hut- Down (hands on knees), Set (one hand down on ground), Hut- Go
- QB/Center Snap- Work with partner- QB has "alligator" hands, Center doesn't release until QB takes
- Throwing/Catching with Partners- show how to hold ball and how to catch ball
- Combine QB/Center Snap with Center going out for a Pass
- Hand-Offs- Parent plays QB and shows how to hand off the ball to RB, then child plays QB with RB
- Run around the cones holding the ball correctly, Relay races if you have time to see fastest team
- Blocking- have players line up against each other, offense tries to protect the QB. Defense tries to go around them. Offense has to have hands inside holding onto their own jersey. No pushing.
- "Monster Tag"- 2 "monsters" in the middle. If player's flag is pulled when they say go, then they join the players in the middle without flags. Once players scores TD, then they turn around and do it again.
- Team Huddle- coach talks about positive things, any questions

### **SCRIMMAGE DAY 3**

- Warm-Ups/ Down, Set, Hut- running drills - led by Director
- Review QB/Center Snap & Throwing/Catching with Partners
- Hand-Offs- Parent plays QB and shows how to hand off the ball to RB, then child plays QB with RB
- "Monster Tag"- work on pulling flags
- Split team into 5 on each side and do an intra-squad scrimmage. Coach runs 5 "plays" and then switch so everyone touches the ball and tries to score a touchdown.

### **GAME DAY 4**

- Warm-up for 10 minutes- running drills, passing drills
- Game- Play 5 v 5, team sends 5 players to other end of field to play against other team on the same field, teams get 5 plays to try to score from 20-yard line. If they score on first play, they keep ball at 20-yard line and try again using all five plays per possession. Defense tries to pull flags emphasizing that players can't pull flags until ball is handed off or QB crosses the line. On a pass play, kids must stay back completely and let the QB pass. After 5 plays, team switches to defense.
- No punting or kicking, no tackling!

### **GAME DAY 5**

Same format. Program Supervisor hands out ribbons.

***Grimes Parks and Recreation Dept ~ 410 SE Main St. in Grimes***